



MAY 2010

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MESSAGE FROM THE COORDINATORS

Janell Bush, Co-Coordinator – Tuesday



As our MOPS year comes to a close, I am also ending a big chapter in my life. As many of you know, this will be my last year of coordinating MOPS at Calvary, and this will end my ninth year of attending!

When I first discovered MOPS, I was a brand new mom of a three month old and the world of mothering was so strange and yet exciting. Looking back, I'm so glad that I found a MOPS group to attend, so I could connect with other moms that were going through the same things I was and could relate to the challenges of being a new mom. It was a huge relief to know that I wasn't the only mom that experienced frustration, joy, anger and guilt in my new role in motherhood.

At MOPS, I grew in my understanding of God and the journey He has placed me on during these preschool years. I gained wonderful insight from the many different speakers that spoke to my heart through their testimonies, personal journeys and wisdom shared. They reassured me that it's ok to go through many different seasons of life and that at any given moment it may change, either for the good or bad. I'm thankful that I have had these opportunities to learn and grow.

It has been a true pleasure to serve in a leadership role with MOPS. I've been so blessed by the wonderful women God has placed in my path by serving together in leadership. The support that I have received throughout my tenure has been wonderful. God surprised me by providing me with some really good friendships and I will always cherish that.

And so, as the chapter in my life called "MOPS" ends, I can honestly say that what has been written on those pages is a good read, filled with plenty of drama, laughs, scary moments and romance. Well, okay maybe not enough tropical beach romance for my taste, but I'm thinking I may have to work on that in the next chapter!

My hope and prayer for all of you MOPS moms is that you will equally enjoy this chapter or season of your life. As Heather Flies so aptly put it, "be content in your pasture" because the grass isn't always greener on the other side. The days may be long, but the years go quickly. Enjoy them while you can!

You all have been such a blessing to me in my mothering journey. Thank you for sharing this chapter of life with me.

You're invited!

Every MOPS mom who has a desire to serve in MOPS leadership next year is encouraged to consider a position on the Steering Team. We also want to extend an invitation for anyone interested to sit in on a **Steering Team meeting scheduled for Tuesday, May 11, 6:30pm at Calvary**. Whether you've already committed to a position, or just want to come and see what all the fuss is about (no commitments!) please join us! Here is a list of the open positions we still need to fill:

MOPS Co-Coordinator (Tuesday)
MOPPETS Team Members (2-3)
MOPPETS Volunteer Coordinator
Creative Activities Team Members (2-3)
Hospitality Team Members (2-3)
Discussion Group Leaders (5-6)

If you have questions, feel free to contact Janell Bush at janell5@comcast.net or Alisha Hvistendahl at alisha.hvistendahl@gmail.com – or simply talk to any one of the existing leaders.



pluggedIN

WHAT'S HAPPENING NEXT

Dana Stob, Speaker Co-Coordinator – Wednesday

Together on Planet Mom

On **May 4 & 5** we will be discussing the book *Life on Planet Mom*, a down-to-earth guide to your changing relationships, which is our theme for the year. We'll be focusing on Chapter 3, "My Family Tree is Suddenly a Forest".

On **May 18 & 19**, we will end our year with lots of time for fellowship, good food and some fun creative activities. You will also have an opportunity to share with your discussion group, any insights, growth or encouragement you experienced through MOPS.

Fall 2009 Registration

Next year, we will continue to offer both Tuesday and Wednesday programs. Meetings will start on **September 21 and 22, 2010**. Registration forms for current attendees planning to return next year will be available at both our May meetings.

A \$20 non-refundable deposit is required to reserve your spot, if submitted by May 19th. After May 19, the non-refundable deposit increases to \$25. Priority is given to the moms currently enrolled in the program with new applications accepted on a first come, first serve basis starting June 1st.

***Checks should be made out to Calvary Church.*

Moms Connect

A community of faith and learning for the next stage of mothering

As our MOPS moms see their kids grow and head to elementary school, many begin to wonder, "What's next?"

New this fall, some of our MOPS mom "graduates" are exploring the idea of starting a new ministry to moms called Moms Connect. This new group would target women who are seeking a support network like MOPS for the next stage of mothering - a place to meet, learn and grow in their role as moms of school-age kids. The format would look a lot like MOPS (large group teaching and small group discussion) with curriculum focused initially on parenting.

If you have questions or are interested in participating, please contact Dana Stob (danastob@comcast.net) or Alison Peterson (arpeterson@usfamily.net).

MOPportunities

Tuesday, May 11, 9:00am – MOPS Daze: Hugo Animal Farm (9441-180th St N, Hugo, MN).

Join us for a one hour tour of a working farm, including the opportunity to touch and/or hold baby farm animals, a hayride and a view of farm activities. Bring a picnic lunch and stay for a bite to eat in the picnic area before heading home. Cost is \$7/person (9 months and under are free). For more information, check out www.hugoanimalfarm.com



Making a Difference

Thank you so much for donating 15 pounds worth of health and beauty items for women and girls in Mazatlan, Mexico! I brought half of it down in March, and will bring the rest when we visit again this summer. There was so much, a number of different groups will be blessed with your donations: from girls in orphanages, to poor women in the neighborhoods, to adolescent girls rescued from prostitution. In addition, some of it will be saved for Christmas gifts that many of these people wouldn't normally get. Your generosity is appreciated.

Muchas gracias, *Molly Sheedlo*



theSCENE

MOM SPOTLIGHT

Discussion Group Leader Interviews

This month we interviewed our remaining Discussion Group Leaders Kelly Moore, Trisha Wohlfeil and Nikki Ylkanen (Wednesdays).

TRISHA WOHLFEIL



What brought you to MOPS?

After my daughter was born I had two children under the age of two and I was really feeling the need to get connected with other moms. I didn't get into the fall session, but I did get into the winter session and it was really a Godsend. I remember feeling like it was a really nice amount of time to get a break from the kids and enjoy talking with other moms and listening to great speakers. I still really love it and this is now my fourth year in MOPS.

What does a typical day for you look like?

On the days the kids go to preschool, we get up and have breakfast and head out the door between 9:00 and 9:10. I pick them up at 11:30 and we go home, have lunch and play outside or watch a video before nap time. My son still has quiet time and my daughter still naps so I look forward to this part of the day. After naps we have snack, and then play outside or do art. On the days we don't have to be anywhere we hang out and take our time in the morning and then often go to the library or a park or get together with friends.

What did you do before you had children?

I finished my Masters in Marriage and Family Therapy two months before I had Braden (my

oldest) and I kept my small private practice in Woodbury until this year when I joined MN Renewal Center in Roseville. I am also a Military OneSource Outreach Assistant so I work reintegration events for returning military members and their families a couple of times a month on the weekends. I only work evenings and weekends so I really still feel like a stay at home mom, but I have been glad to continue to work to keep my skills up. I really love what I do so I am so glad it is flexible enough to allow me to be home with my kids during the day.

What is the most rewarding aspect about being a mom?

To see and receive their joy and love each day. For us, for God's world and all the things God gives us.

What is your favorite bible verse? Why?

2 Corinthians 3:18, "And we, who with unveiled faces all reflect the Lord's glory, are being transformed into his likeness with ever-increasing glory, which comes from the Lord, who is the Spirit." It reminds me that God is continually at work in us and transforming us, but even now His glory is in us and revealed in us.

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What is your favorite thing to do with your children?



TRISHA: I love taking them to fun kid places like the library, indoor parks, the Children's Museum and the zoo. My mother-in-law gives us the MN Zoo membership for Christmas so we head down there often to meet my sister and her kids who live in Apple Valley.



KELLY: My favorite thing to do with my children is to explore and learn together. I love to read to them, engage their curiosity, and spend time in the outdoors together. It is such a joy to see them grow!



NIKKI: Now that the weather is getting better and when Scott and I have an evening together with the kids we usually take them on a bike ride to Turtle Lake Elementary Park - we are usually the only ones there! So we run around playing with the kids and feeling like kids ourselves. It is the best feeling when the kids start giggling that deep stomach giggle and fall to the ground and roll around laughing.

Featured Recipe

Ten Clove Garlic Marinade

Submitted by Elizabeth Hursh from allrecipes.com

I love this marinade! I use it on steak, and it is amazingly tender and flavorful. Pretty sure that it would be great on any meat. It's a little time consuming, but so worth it! I recommend making a lot, marinate your meat, freeze and you have an instant meal ready to go for all your summer grilling.

Ingredients

2/3 cup vegetable oil
1/3 cup Worcestershire sauce
1/4 cup soy sauce
1/4 cup steak sauce
1/4 cup water
1 teaspoon salt
1/2 teaspoon pepper
1/2 yellow onion, minced
10 cloves garlic, peeled and minced

Directions

1. In a bowl, whisk together vegetable oil, Worcestershire sauce, soy sauce, steak sauce, water, salt, pepper, onion, and garlic until thoroughly mixed.
2. Pierce several holes into meat with a sharp knife, and place in a shallow dish. Stir marinade once more and slowly pour over meat, smothering the top with the garlic and onions.
3. Cover and refrigerate overnight, or up to 36 hours. Cook as desired.

Have a great recipe you want to share? Let us know!



MOM FAVES

What is your favorite thing about MOPS?

Heidi Wise, Publicity Co-Coordinator – Tuesday



Finding a place to relax and enjoy the company of other women is hard to find when you are a mom. And having the time to reflect and learn more about Christ is also a challenge. That is why MOPS is such a special place for moms.

MOPS provides us with time to recharge, and focus on God. Two times a month, we gather together to learn more about each other, eat excellent food and rejoice in the journey of motherhood.

In this last edition of Mom Faves, our MOPS moms were asked, "What is your favorite thing about MOPS?"

"I enjoy **having some time away from my children** so I can talk with my friends. And I really like hearing the speaker."
Nikki Ylkanen, Wednesday

"MOPS gives me the opportunity to have some **time away from my children** so I can listen to the speaker and be a better mom."
Laura Borofka, Wednesdays

"I like **seeing my friends**, hearing the speaker and enjoying some great food!"
Karolyn Perkins, Wednesdays

"**Egg bake!** And I really enjoy the speakers and the time to learn more about God."
Melody Johnson, Wednesdays





A SPECIAL INVITATION

Heidi Wise, Publicity Co-Coordinator – Tuesday

God wants us to know him. God asks us to enter into a special relationship with him. 1 John 3:1 says, “How great is the love the Father has lavished upon us that we should be called children of God! And that is what we are!” When we decide we want to enter into that relationship with Christ our identity changes. We become saints, redeemed, and children of God.

Once we know God he asks us to share the good news with others. I have struggled with sharing the gospel throughout my life. Growing up Catholic instilled in me that sharing your faith with others just wasn’t normal. But now that I am growing in my faith and learning more about God, I know now that sharing the hope and joy Christ has given me with others is important. And I have been thinking of special ways to give others a special invitation to know Christ. Inviting moms to MOPS is an excellent way to do just that.

MOPS gives moms a unique opportunity to be a part of a Christian community of women who truly desire to know God. All of the women in MOPS have a common goal in life – to be shaped and formed by God into the best mothers, wives, daughters and friends that we can possibly be. MOPS provides mothers with the gift of time. Two times a month mothers met to connect with friends, listen to speakers and be challenged in their faith. Mothers receive a support network of women who understand the joys and challenges of being moms.

Do you know any moms who might benefit from MOPS? “Life on Planet Mom” can sometime be lonely. MOPS opens up a whole world of relationships to us all.

MOPS registration for next year opens to the general public June 1. Maybe you can give someone a special invitation to connect with other mothers and most importantly God.

MOPS gives moms a unique opportunity to be a part of a Christian community of women who truly desire to know God.



Celebrations

Birthdays

May 5 – Megan Horn
 May 12 – Joy Wade
 May 19 – Emily Lavine
 May 28 – Laura Borofka
 June 1 – Jennifer Hanson
 June 2 – Melody Johnson
 June 10 – Lexi Borchardt
 June 21 – Wendi Kotlinsky
 June 25 – Jennifer Greene
 June 26 – Shloe Donoghue
 June 29 – Heidi Wise
 July 2 – Holly Oberg
 July 8 – Alison Peterson
 July 12 – Kendra Houck
 July 22 – Kara Peterson
 August 2 – Heidi Hughes
 August 5 – Dayna Taylor
 August 7 – Kara Anderson
 August 16 – Liz Moore
 August 21 – Michelle Lange
 August 28 – Stephanie Johnson
 August 31 – Jolene Erickson

Anniversaries

May 5 – Kendra & Justin Houck
 May 7 – Raine & Bondo Nyembwe
 May 10 – Carolyn & Aaron Perkins
 May 17 – Laura & Jim Borofka
 May 22 – Melody & Eric Johnson
 May 31 – Jenni & Jason Fields,
 Stephanie & Jacob Johnson
 June 13 – Gretchen & David Johnson
 June 14 – Nancy & Dylan Kaul
 June 16 – Nicole & Paul Ford
 June 17 – Alison & Greg Peterson
 June 23 – Kristen & Tony Smyth
 June 27 – Kara & Chad Anderson
 June 28 – Lexi & Corey Borchardt,
 Valerie & Andy Hennig
 June 30 – Heidi & Matt Wise
 July 1 - Stacy & Brandon Kjelland
 July 6 - Lisa & Sean McCartney
 July 8 - Jessica & Ben Willett
 July 12 - Jolene & Joel Erickson
 July 16 - Maria & Dale Biros
 July 17 - Jackie & Steve Stiehl

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KELLY MOORE



What brought you to MOPS?

The first time I heard of MOPS was through a friend who was part of a MOPS group in Ohio, but didn't give it much thought as I didn't have any children at that time. After my husband and I had children and had settled in White Bear Lake, I once again heard about MOPS through the ad in the local newspaper. I contacted the group and was offered a spot in the middle of the year. I am truly glad I made that phone call!

What does a typical day for you look like?

I let the kids wake me up and we get ready for our day. Mornings are spent running errands, going to gymnastics class and library story time once a week, playdates, and now that the weather is nice, playing outside. Marion has preschool at Tamarack Nature Center three afternoons a week and Louis naps in the afternoon. After that, we play some more until my husband comes home. Then we have dinner together as a family. The kids are in bed by 8pm.

What did you do before you had children?

I was born and raised in North Dakota and went to college in Prescott, AZ. I met my future husband there - we were in ROTC and had engineering classes together. In December of 1998, we were commissioned into the Air Force, graduated from college, and had our wedding ceremony...all in the span of 24 hours! We were stationed in New Mexico and Florida while in the Air Force. I had some really amazing experiences during those five years, but both my husband and I decided to separate from the military. At this time, I was diagnosed with a benign brain tumor. Thankfully, I had a successful surgery to remove the tumor, but it did leave me deaf in my right ear. Soon after, Eric accepted a job here in MN and now works for Medtronic. We lived in Coon Rapids for two years before moving to White Bear Township.

What is the most rewarding aspect about being a mom?

Helping to shape their lives and watching them shine.

What is your favorite bible verse? Why?

Isaiah 41:10, "Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold

you with my righteous right hand." During a Bible camp I went to in junior high, we were asked to look up Bible verses with God's promises to us. I came across this one and it has always resonated with me.

NIKKI YLKANEN



What brought you to MOPS?

I was in a Bible study with Janell Bush and she invited me to join MOPS. I was the first of our group of friends to have children so I was starting motherhood blind! It has been a blessing to have found support and new friends to share with. I have been in MOPS for 4 years now.

What does a typical day for you look like?

We start our day with breakfast and destroying the house. Then we usually head off to the YMCA where the kids love to play and I get a little break for a workout. Some days we have swim lessons or dance class for Skylar. Then we head home to play basketball (my husband said we NEEDED a hoop in the living room!). Braylon loves to shoot baskets and dribble. I think he is better than I am and he is only 19 months old! Then the kids are off to nap time, where Skylar will do a craft or play quietly with her dolls. I try to clean and get myself ready for work. My husband comes home and then I head off to work until 9:30pm and then time for bed and starting it all over in the morning.

What did you do before you had children?

I went to Bethel College for one year where I recommitted my life to Christ and met my husband. I realized I have always enjoyed doing hair, so I enrolled at the Aveda Institute. After graduation I went to work for Rocco Altobelli where I took advanced training. I worked at the Woodbury salon for five years until I had Skylar. Now I work at Hair On Earth in North Oaks in the evenings and Saturdays.

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- July 22 - Jennifer & Rob Hanson
- July 23 - Gina & Christopher Tebow
- July 24 - Emily & Michael Lavine, Nikki & Scott Ylkanen
- July 26 - Brigette & Arlan Brown
- August 2 - Holly & Charles Oberg
- August 10 - Kara & Jason Peterson
- August 11 - Megan & Peter Horn, Mandy & John Taylor, Joy & Scott Wade
- August 14 - Shloe & Roger Donoghue
- August 15 - Katie & Ryan Olson
- August 17 - Amy & Randy Nelson, Lisa & Ryan Utech
- August 18 - Sally & Matthew Anderson
- August 26 - Kristen & Pete Stromquist

Births

- Malachi born April 17th to Raine Nyembwe
- Eloise Johanna born April 23rd to Mandy Taylor
- Berkeley Faith born May 1st to Stephanie Johnson

What is the most rewarding aspect about being a mom?

When the kids are running around, playing and destroying the house, they often stop and run up to me and just snuggle up and kiss me. I feel so blessed to have them and being able to love them unconditionally!

What is your favorite bible verse? Why?

Jeremiah 29:11, "For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future." This is one of many favorite verses. It is a life verse for our children, that no matter what happens God is there to love you and He will always be there.

THE CREATOR THANKS YOU, (AND SO DOES MOPS)!



MOPS does not mail announcements, publications or print newsletters -- our program has chosen to focus on email, web-based, and word-of-mouth communication wherever possible. Please forward any of our materials of interest to your friends to get the word out and help us save postage, CO2 emissions, and trees!